

Mental Health and Support Services Available in Darien

Creating Connections is a service of the Darien Human Services Planning Council ("HSPC").

The HSPC was founded and is chaired by the Community Fund of Darien. The purpose of the HSPC is to collaborate with key agencies and groups in the Darien community to learn about the needs of the community that are unmet as well as to educate the public about services that are available to meet their needs. The HSPC was founded in 2005. The Mental Health Services subcommittee of the HSPC was presented with the task of educating the public about the vast array of mental health services available in the area as well as to find the "gaps" in services with the hopes of ultimately developing services to meet those previously unmet needs. If you have any questions about the HSPC, please contact Kiki Karpen at the Community Fund of Darien at (203) 655-8775.

This list of services is available to Darien residents. Please note that groups and services may change.

Additionally, many agencies listed request that individuals contact them prior to using the service. We ask that you contact the appropriate agency to verify the data and location, and to make them aware of your interest prior to attending a session listed below. The only groups for which this is not required are: AA, Al-Anon and Overeaters Anonymous. As always, we also refer you to 211 for additional information. Dialing 211 connects you to Infoline, a single source for information about community services, referrals to human services, even crisis intervention. 211 is toll-free anywhere in Connecticut, 24 hours a day, 365 days a year. Professional, compassionate caseworkers help callers with questions about issues like job training, benefits, independent living services, transportation, support groups, medical equipment, health services, volunteer opportunities and much more. For additional information call 2-1-1 or visit the 211 website at www.infoline.org to find the help and services you need.

10/16/2006

Addiction, Recovery and Substance Use

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Emergency	Crisis intervention	Coed	under 18	Darien Family & Youth Options	As scheduled		\$0
Family	Counseling - For families with children/adolescents with addictions	Coed	Families	Darien Family & Youth Options	As scheduled		Sliding scale
Group	Alcoholics Anonymous - Sober Sunrise	Coed	All ages	First Congregational Church	M-F	7:30 AM	\$0
Group	Alcoholics Anonymous - Sober Sunrise	Coed	All ages	First Congregational Church	Saturdays	8:00 AM	\$0
Group	Alcoholics Anonymous	Coed	All ages	First Congregational Church	Mondays	12:00 PM	\$0
Group	Alcoholics Anonymous - Pass It On	Coed	All ages	First Congregational Church	Tues. and Fri.	7:30 PM	\$0
Group	Alcoholics Anonymous - Pass It On	Coed	All ages	First Congregational Church	Sundays	6:30 PM	\$0
Group	Alcoholics Anonymous	Coed	All ages	First Congregational Church	Thursdays	8:00 PM	\$0
Group	Alcoholics Anonymous	Coed	All ages	First Congregational Church	Saturdays	5:30 PM	\$0
Group	Al-anon	Coed	All ages	Noroton Presbyterian Church	Mondays	8:00 PM	\$0
Group	Alcoholics Anonymous	Female only	All ages	Noroton Presbyterian Church	Wednesdays	12:15 PM	\$0
Group	Alcoholics Anonymous	Coed	All ages	Noroton Presbyterian Church	Fridays	7:30 PM	\$0
Group	Alcoholics Anonymous	Coed	All ages	St. Luke's Episcopal Parish Terrace Room	Thursdays	8:00 PM	\$0
Group	Alcoholics Anonymous	Coed	All ages	St. John's R.C.Church	Fridays	5:30 PM	\$0
Group	Alcoholics Anonymous	Coed	All ages	St. Luke's Episcopal Parish - Library	Sundays	4:00 PM	\$0
Group	Al-anon	Coed	All ages	St. Thomas More - meets in church annex	Tuesdays	8:00 PM	\$0
Group	Alcoholics Anonymous	Coed	All ages	St. Thomas More - meets in church annex	Mondays	8:00 PM	\$0
Group	Alcoholics Anonymous	Coed	Teens and Young Adults	Darien Family & Youth Options	Tuesdays	3:30-4:30 PM	\$0
Group	Mom's Support Group - For mom's with children suffering from addictive behaviors	Female only	Over 18	Darien Family & Youth Options	Please call		\$0
Group	Addiction Support	Coed	All ages	Calvary Baptist Church	Tuesdays	7:30-9:00 PM	
Group	Overeaters Anonymous	Coed	Over 18	YWCA	Saturdays	9-10:30 AM	\$0
Group	Overeaters Anonymous	Coed	Over 18	YWCA	Sundays	9-10:30 AM	\$0
Group	Overeaters Anonymous	Coed	Over 18	YWCA	Tuesdays	6:30-7:30 PM	\$0
Group	Overeaters Anonymous	Coed	Over 18	YWCA	Wednesdays	7:00-8:00 PM	\$0
Group	Seniors in Recovery	Coed	over 50	Darien Family & Youth Options	Please call		

All agency contact information is available at end of document

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Addiction, Recovery and Substance Use (cont.)

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Teen Support - For teens who have a loved one w/ an addiction	Coed	Teens	Family & Youth Options (Greenwich)	Please call		
Individual/Group	Eating Disorder	Female only	All ages	The Renfrew Center of Wilton	As scheduled		Please call
Individual/Group	Eating Disorder	Coed	All ages	The Wilkins Center	As scheduled		Please call
Individual	Adolescents w/ addictions	Coed	under 18	Darien Family & Youth Options	As scheduled		Sliding scale
Individual	Older Individuals in Recovery	Coed	over 50	Liberation Programs	Please call		

Adolescents

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Emergency	Mobile Crisis Services	Coed	2-18 yrs	Child Guidance/Any location	As scheduled		Please call
Emergency	Kids in Crisis	Coed	0-18 yrs	Kids in Crisis	As scheduled		None
Family	Counseling/therapy	Coed	Families	Darien Family Centers	As scheduled		Sliding scale
Family	Counseling/therapy	Coed	Families	Child Guidance Center	As scheduled		Sliding scale
Family	Sexual Abuse Response	Coed	2-18 yrs	Child Guidance Center	As scheduled		Please call
Family	Intensive Home Based Therapy	Coed	12-18 yrs	Child Guidance Center	As scheduled		Please call
Group	Transition to High School	Coed	Freshmen	Darien High School - Contact Dian Preston	weekly		\$0
Group	Art Therapy	Coed	14-18	FCA - Mott Ave	Thursdays	3:30-5:00 PM	Sliding scale
Group	Teen issues	Female only	15-18	Darien High School - Contact Dian Preston	weekly		\$0
Group	Teen issues	Male only	14-18	Greenwich Family Centers - call Ed Moran (203) 629-2822	Tuesdays	6:30-7:45 PM	Sliding scale
Individual/Group	Eating Disorder	Female only	All ages	The Renfrew Center of Wilton	As scheduled		Please call
Individual/Group	Eating Disorder	Coed	All ages	The Wilkins Center	As scheduled		Please call
Individual/Group	Self Harm/Suicide	Coed	All ages	Silver Hill Hospital	As scheduled		Please call
Individual/Group	Gay/Lesbian/Transgender	Coed	All ages	Triangle Community Center	As scheduled		
Individual	As scheduled	Coed	14-19	Darien High School - Contact Dian Preston	As scheduled		\$0
Individual	Psychological testing	Coed	14-19	Darien High School - Contact Dian Preston	As scheduled		\$0
Individual	Counseling/therapy	Coed	All ages	Darien Family Centers	As scheduled		Sliding scale
Individual	Counseling/Therapy	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Crime Victims Assistance	Coed	2-18 yrs	Child Guidance Center	As scheduled		Please call
Individual	Pro-life pregnancy support	Coed	All ages	Birthright of Greater Stamford	As scheduled		Please call
Individual	Pro-life pregnancy support	Coed	All ages	Birthright of Greater Norwalk	As scheduled		Please call
Individual	Pregnancy counseling	Coed	All ages	Planned Parenthood/Stamford	As scheduled		Please call

All agency contact information is available at end of document

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Adolescents (cont.)

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Individual	Pregnancy counseling	Coed	All ages	Planned Parenthood/Norwalk	As scheduled		Please call
Individual	Self Harm counseling	Coed	All ages	Family Centers Darien	As scheduled		Sliding scale
Individual	Self Harm counseling	Coed	All ages	Child Guidance Center	As scheduled		
Individual	Self Harm counseling	Coed	All ages	Silver Hill Hospital	As scheduled		Please call
Individual	Suicide Support	Coed	All ages	Suicide Prevention Hotline	Daily	24 Hours a day	800.Suicide
Individual	Psychiatric Services	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Psychiatric Services	Coed	2-18 yrs	Family Centers	As scheduled		Sliding scale
Individual	Psychological Testing	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Developmental Evaluations	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Counseling - HIV affected	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Case Management	Coed	2-18 yrs	System of Care	As scheduled		Sliding scale
Recreational	The Depot	Coed	High school	The Depot	Daily		

Assault/Crisis/Domestic Violence

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Education	Personal Safety	Coed	All ages	Sexual Assault, Crisis and Education Center (SACEC)	As scheduled		Free
Education	Recognizing Child Sexual Abuse	Coed	Over 18	SACEC	As scheduled		Free
Emergency	Hospital Accompaniment	Coed	All ages	SACEC	As scheduled	24/7	Free
Emergency	Police Accompaniment	Coed	All ages	SACEC	As scheduled	24/7	Free
Group	Male Survivors of Sexual Assault	Male Only	Over 18	SACEC	Mondays	7-8:30 PM	Free
Group	Female Rape Survivors	Female only	Over 18	SACEC	Mondays	7:45 - 9:15 PM	Free
Group	Female Survivors of Incest/Sexual Abuse	Female only	Over 18	SACEC	Mondays	6-7:30 PM	Free
Group	Teen Survivors of Sexual Abuse	Coed	14-18	SACEC	As scheduled		Free
Group	Domestic Violence	Female only	Over 18	Domestic Violence Crisis Center (DVCC) - Norwalk	Tuesdays	5:30-7:00 PM	\$5
Group	Domestic Violence	Female only	Over 18	DVCC - Norwalk	Fridays	10:30-noon	\$5
Group	Spanish Speaking Domestic Violence Group	Female only	Over 18	DVCC - Norwalk	Thursdays	10:00-noon	\$5
Individual	Counseling/therapy	Coed	14+	SACEC	As scheduled		Free
Individual	Court Advocacy	Coed	All ages	SACEC	As scheduled	24/7	Free
Individual	Domestic Violence	Coed	All ages	DVCC - Norwalk	As scheduled		Sliding scale
Individual	Crime Victims Assistance	Coed	2-18 yrs	Child Guidance Center	As scheduled		Please call
Family	Sexual Abuse Response	Coed	2-18 yrs	Child Guidance Center	As scheduled		Please call
Group	Adolescent Bereavement	Coed	13-18	Center for Hope	Please call		Sliding scale

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Bereavement

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Art as Therapy	Coed	All ages	Center for Hope	Please call		Sliding scale
Group	General Bereavement	Coed	All ages	Center for Hope	Please call		Sliding scale
Group	Meditation Hour	Coed	Over 18	Center for Hope	Please call		Sliding scale
Group	Suicide Survivors	Coed	All ages	Center for Hope	Please call		Sliding scale
Group	Senior Bereavement	Coed	Over 50	Center for Hope	Please call		Sliding scale
Group	Caregivers Support	Coed	Over 18	Center for Hope	Please call		Sliding scale
Group	Tea and Empathy	Coed	Over 18	Center for Hope	Please call		Sliding scale
Group	Young Widow/Widowers	Coed	Over 18	Center for Hope	Please call		Sliding scale
Individual	Illness and Bereavement Counseling	Coed	All ages	Center for Hope	As scheduled		Sliding scale

Children

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Assessment	Behavior assessment - Home based service	Coed	All ages	STAR	As scheduled		Fee for service
Emergency	Mobile Crisis Services - will meet on site	Coed	2-18 yrs	Sexual Assault Crisis Center	As scheduled		Please call
Emergency	Mobile Crisis Services - will meet on site	Coed	All ages	Child Guidance Center	As scheduled		
Family	Family Therapy	Coed	All ages	Family Centers	As scheduled		Sliding scale
Family	Family Therapy	Coed	All ages	Child Guidance Center	As scheduled		Sliding scale
Family	Sexual Abuse Response	Coed	2-18 yrs	Child Guidance Center	As scheduled		Please call
Family	Case mgmt - intensive home based service	Coed	12-18 yrs	Child Guidance Center - System of Care	As scheduled		Please call
Group	Groups for Kids	Coed	children	Noroton Presbyterian Church			Please call
Group	Funbusters - for children with disabilities	Coed	children	Noroton Presbyterian Church	Thursdays	6:30 PM	
Group	Children of Divorce Group	Coed	Varies	Family Centers	Varies		Sliding scale
Group	Language based play	Coed	Birth to three	STAR/Rubino Family Center	Tuesdays	10-11:15 am	Call
Individual	Parent Education	Coed	Adults	Family Centers	As scheduled		Sliding scale
Individual	Parent Guidance	Coed	Adults	Child Guidance Center	As scheduled		Sliding scale
Individual	Child Therapy	Coed	3-18 yrs	Family Centers	As scheduled		Sliding scale
Individual	Child Therapy	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Crime Victims Assistance	Coed	2-18 yrs	Child Guidance Center	As scheduled		Please call
Individual	Psychiatric Services	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Psychiatric Services	Coed	2-18 yrs	Family Centers	As scheduled		Sliding scale
Individual	Psychological Testing	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Developmental Evaluations	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Counseling - HIV affected	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Case Management	Coed	2-18 yrs	System of Care	As scheduled		Sliding scale

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Couples/Marital and Divorce Issues

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Couples	Counseling	Couples	Over 18	Family Centers	As scheduled		Sliding Scale
Couples	Counseling	Couples	All ages	Calvary Baptist Church	As scheduled		Contribution
Couples	Counseling	Coed	Over 18	FCA-Mott Avenue	As scheduled		Sliding scale
Couples	Focus on Kids - for parents in high conflict divorce situations		Over 18	Family Centers	As scheduled		Sliding Scale
Emergency Group	DV Emergency Shelter	Women, kids	All ages	Call 24-hour Hotline: 852-1980			
Group	Divorce Support	Coed	Over 18	Family Centers	Wednesdays	6-7:30	Sliding scale
Group	Domestic Violence	Female only	Over 18	DVCC	Tuesdays	5:30-7:00 PM	\$5
Group	Domestic Violence	Female only	Over 18	DVCC	Fridays	10:30-noon	\$5
Group	Spanish speaking Domestic Violence group	Female only	Over 18	DVCC	Thursdays	10:00-noon	\$5
Group	Rebuilding after Divorce	Coed	Over 18	St. Luke's Episcopal Church - Taylor Room; pls call first	As scheduled	6 weeks	\$25/session
Group	Children of Divorce	Coed	Varies	Family Centers	Varies		Sliding scale
Individual	Counseling	Coed	Over 18	Family Centers	As scheduled		Sliding Scale
Individual	Counseling	Coed	All ages	Calvary Baptist Church	As scheduled		Contribution
Individual	Domestic Violence	Coed	All ages	DVCC	As scheduled		Sliding scale
Workshop	The Engaged Workshop	Couples	Over 18	Noroton Presbyterian Church	Two times per year		\$50/couple

Disabilities/Special Needs

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Assessment	Behavior assessment	Coed	All ages	STAR - in home services	As scheduled		Fee
Assessment	Behavior assessment	Coed	All ages	STAR - in home services	As scheduled		Fee
Family	Counseling/therapy	Coed	Over 18	STAR - in home services	As scheduled		Birth to three
Group	Counseling/support - spanish and english speaking groups	Coed	Mothers	Rubino Family Center	Quarterly, on Wed		Donation
Group	Language based play	Coed	Birth to three	Rubino Family Center	Tuesdays	10-11:15 am	Call
Group	Funbusters	Coed		YWCA - held at Noroton Pres.	Thursdays	6:30 PM	
Group	Language based play	Coed	Birth to three	STAR/Rubino Family Center	Tuesdays	10-11:15 am	Call
Group	STEPS - Advocacy and support for parents with special needs kids	Coed	Over 18	YWCA	As scheduled		
Individual	Counseling/therapy	Coed	Over 18	STAR - in home services	As scheduled		Birth to three
Individual	Developmental Evaluations	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale

Illness/Health

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Class	Living with Cancer	Women	Over 18	St. Birgitta	Periodic		Free

All agency contact information is available at end of document

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Illness/Health (cont.)

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Cancer sewing group	Female only	All ages	St.John's R.C.Church	Tuesdays	10:00 AM	\$0
Group	Adolescent Bereavement	Coed	13-18	Center for Hope	Please call		Sliding scale
Group	Art as Therapy	Coed	All ages	Center for Hope	Please call		Sliding scale
Group	General Bereavement	Coed	All ages	Center for Hope	Please call		Sliding scale
Group	Hearts of Hope - Cardiac Rehabilitation		All ages	Center for Hope	Please call		Sliding scale
Group	Meditation Hour	Coed	Over 18	Center for Hope	Please call		Sliding scale
Group	Suicide Survivors	Coed	All ages	Center for Hope	Please call		Sliding scale
Group	Senior Bereavement	Coed	Over 50	Center for Hope	Please call		Sliding scale
Group	Caregivers Support	Coed	Over 18	Center for Hope	Please call		Sliding scale
Group	Tea and Empathy	Coed	Over 18	Center for Hope	Please call		Sliding scale
Group	Young Widow/Widowers	Coed	Over 18	Center for Hope	Please call		Sliding scale
Group	Leukemia and Lymphoma - for Parents with a Child who has cancer	Coed	Parents	Center for Hope	10/16, 11/20 and 12/18	6:15 - 7:15 pm	Please call
Group	Leukemia and Lymphoma - for children with cancer	Coed	Children	Center for Hope	10/16, 11/20 and 12/18	6:15 - 7:15 pm	Please call
Group	Caregivers Support	Coed	Over 18	Host: Elderhouse; Location: First Congregational Church	Third Wednesday	6:30 - 7:30 pm	Free
Individual/Group	Eating Disorder	Female only	All ages	The Renfrew Center of Wilton	As scheduled		Please call
Individual/Group	Eating Disorder	Coed	All ages	The Wilkins Center	As scheduled		Please call
Individual	Illness support	Coed	All ages	Center for Hope	As scheduled		Sliding scale
Individual	Yoga for the Ill or	Coed	Over 18	Center for Hope	Fridays	11:15 AM	Sliding scale
Individual	Counseling - HIV affected	Coed	2-18 yrs	Child Guidance Center	As scheduled		Sliding scale
Individual	Illness and Bereavement Counseling	Coed	All ages	Center for Hope	As scheduled		Sliding scale

Individual needs/Personal Growth

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Job Readiness Support	Female only	Over 18	YWCA	Tuesdays	10:30-noon	\$75/program
Group	Computer Skills	Coed	Over 18	Norwalk Community College	Wednesdays	10:00-noon	
Group	Counseling/therapy for anxiety and depression	Female only	Over 18	FCA - Mott Avenue	Monday	9:30 AM	Sliding Scale
Group	Professionals Job Networking			St. Thomas More	Contact Tom Bell at 968-1434		
Group	Divorce Support Group	Coed	Over 18	Family Centers	Wednesdays		Sliding Scale
Group	Singles Support Group	Coed	Over 18	St. Luke's Episcopal Parish	Mondays	Monthly	Varies
Group	Newcomer's Club	Coed	All ages	YWCA	As scheduled		Membership
Group	Gay and Lesbian support	Coed	All ages	Triangle Community Center	As scheduled		
Individual/Group	Eating Disorder	Female only	All ages	The Renfrew Center of Wilton	As scheduled		Please call

All agency contact information is available at end of document

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Individual needs/Personal Growth (cont.)

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Multicultural Bridges - Hosts speakers on racism, social justice, etc.	Coed	All ages	YWCA	As scheduled		
Individual/Group	Eating Disorder	Coed	All ages	The Wilkins Center	As scheduled		Please call
Individual	Life Coaching	Coed	Over 18	YWCA	As scheduled		\$25
Individual	Counseling/therapy	Coed	All ages	Family Centers	As scheduled		Sliding Scale
Individual	Medication mgmt	Coed	Over 18	FCA - Mott Avenue	Monday	11:00 AM	Sliding Scale
Individual	Pastoral Care	Coed	All ages	Noroton Presbyterian Church	As scheduled		\$0
Individual	Stephen's Ministry	Coed	All ages	Noroton Presbyterian Church	As scheduled		\$0
Individual	Information and referral	Coed	All ages	Social Services of Darien	As scheduled		\$0
Individual	Counseling/hotline	Coed	All ages	Gay and Lesbian Nat'l Hotline	7 days a week	24 hours a day	\$0

Parenting

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Mom to Mom	Women	Over 18	Noroton Presbyterian Church	Thursdays	9:30 AM	\$100 total
Couples	Focus on Kids - For high conflict couples in divorce	Coed	Over 18	Family Centers	As scheduled		\$190/session
Couples	Parenting Education (PEP) court ordered for divorcing parents	Coed	Over 18	Family Centers	Periodic classes		\$100 each
Couples	Focus on Kids - For high conflict couples in divorce	Coed	Over 18	FCA-Mott Avenue	As scheduled		\$190/session
Couples	Parenting Education (PEP) court ordered for divorcing parents	Coed	Over 18	FCA-Mott Avenue	Periodic classes		\$100 each
Couples	Parent Education	Coed	All ages	Family Centers	As scheduled		Sliding Scale
Couples	Parent Guidance	Coed	Over 18	Child Guidance Center	As scheduled		Please call
Family	Counseling	Families	All ages	Family Centers	As scheduled		Sliding Scale
Family	Counseling/therapy	Coed	Over 18	STAR - in home services	As scheduled		Birth to three
Family	Counseling/therapy	Families	Coed	FCA-Mott Avenue	As scheduled		Sliding Scale
Group	Father's Forum	Male Only	Over 18	Darien High School	Saturdays	8-9:30 AM	\$0
Group	Counseling/support - spanish and english speaking groups	Coed	Mothers	Rubino Family Center	Quarterly, on Wed		Donation
Group	Journey thru Adoption	Coed	Over 18	FCA-Mott Avenue	Thursdays	5:30-6:45 PM	Sliding Scale
Group	Journey thru Adoption	Coed	Children	FCA-Mott Avenue	Thursdays	5:30-6:45 PM	Sliding Scale
Group	Mom's Support Group - for mom's w children suffering from addictive behaviors	Female only	Over 18	Darien Family & Youth Options	Please call		\$0
Group	Mother's support group	Women	Over 18	St. Luke's Episcopal Parish	Fridays	12:00 PM	\$0

All agency contact information is available at end of document

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Parenting (cont.)

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Parent Awareness Network	Coed	Over 18	YWCA	As scheduled		
Group	STEP - Advocacy and support for parents of special needs children	Coed	Over 18	YWCA	As scheduled		
Group	Parent's w/ Adopted Kids	Coed	Over 18	YWCA	Monthly		
Group	Parents of Teens Book Group	Coed	Over 18	Noroton Presbyterian Church	Wednesdays until 11/29	9:30 - 10:45 am	\$10 book fee
Individual	Counseling	Coed	All ages	Family Centers	As scheduled		Sliding Scale
Individual	Parent Education	Coed	All ages	Family Centers	As scheduled		Sliding Scale
Individual	Parent Guidance	Coed	All ages	Child Guidance Center	As scheduled		Sliding Scale
Individual	Counseling/therapy	Coed	Over 18	STAR - in home services	As scheduled		Birth to three

Seniors

Service	Description	Gender	Ages	Contact/Host	Date	Time	Fee
Group	Senior Study	Coed	over 50	Noroton Presbyterian Church	3rd Thursday	2:00 PM	\$0
Group	Discussion Group	Coed	over 50	Senior Center	Wednesdays	12:30-1:30 PM	\$0
Group	Current Events/Discussion	Coed	over 50	Senior Center	Mondays	11:00 AM	\$0
Group	Seniors in Recovery	Coed	over 50	Darien Family and Youth Options	Please call		
Group	Friendly Connections	Coed	over 50	Family Centers: Please call	Multiple	Multiple	\$0
Individual/Group	Adult Day Care	Coed	over 50	ElderHouse	Please call		
Individual	Information and referral	Coed	over 50	DSS	As scheduled		
Individual	Senior Health Insurance Counseling	Coed	over 50	Family Centers	As scheduled		\$0
Individual	Seniors in Recovery	Coed	over 50	Darien Family and Youth Options	Please call		

All agency contact information is available at end of document

Agencies					
Name	Type of Agency	Location	Contact	Phone Number	Website
211	Toll-free Confidential	Statewide Information and	Referral and Crisis	211	www.211info.org
Center for Hope/Darien Family Centers*	Bereavement and Health Counseling	590 Post Road Darien, CT 06820	Deirdre Lewin, Director	(203) 655-3452	www.familycenters.org
Darien Child Guidance Center	Child and Family Counseling	972 Post Road Darien, CT 06820	Susan Jasko, LCSW	(203) 662-9380	www.childguidancect.org
Darien Family Centers/Center for Hope*	Family, Child and Adult Counseling	590 Post Road Darien, CT 06820	Elisabeth Tullis, MFT	(203) 655-0547	www.familycenters.org
Darien Senior Center	Senior services	30 Edgerton Street Darien, CT 06820	Nancy Zengo, Director	(203) 655-1705	http://dsac.darien.org
Domestic Violence Crisis Center (DVCC)	Domestic violence services	5 Eversley Avenue, #303 Norwalk, CT 06851	Lorraine Gauthier, MFT	(203) 852-1980	
ElderHouse	Adult Day Care	7 Lewis Street Norwalk, CT 06851	Denise Cesareo, Executive Director	(203) 847-1998	www.elderhouseadc.com
Family and Children's Agency (FCA)	Family, Child and Adult Counseling	9 Mott Avenue Norwalk, CT 06850	Ingrid Kurensky, Intake Coordinator	(203) 855-8765	www.fcagency.org
Family and Youth Options (Greenwich)	Addiction services for children, adolescents and families	Field Point Road Greenwich, CT 06830	Dennis Bludnicki	(203) 869-1349	www.liberationprograms.org
Kids in Crisis	Housing/Shelter for Children and adolescents	1 Salem Street Cos Cob, CT 06807		(203) 327-KIDS	www.kidsincrisis.org
Liberation Programs/Family and Youth Options	Addiction services for children, adolescents and families	2 Renshaw Road Darien, CT 06820	Moiria Rizzo, LMFT	(203) 655-8973	www.liberationprograms.org
Sexual Assault, Crisis and Education Center (SACEC)	Sexual assault services	1 Dock Street, Ste. 320 Stamford, CT 06902	Christine Hand, Director of Client Services	(203) 348-9346 hotline: (203) 329-2929	www.sacec-ct.org
Silver Hill Hospital	Mental health services; suicide, self harm, eating disorder, substance abuse	208 Valley Road New Canaan, CT 06840		(866) 542-4455	www.silverhillhospital.org
Social Services of Darien	Social services	2 Renshaw Road Darien, CT 06820	Judy Morrison, Director	(203) 656-7328	http://www.ci.darien.ct.us/
STAR/Rubino Family Center	Special needs/disabilities services	182 Wolfpit Avenue Norwalk, CT 06851	Linda Snell, Director of Family Support	(203) 855-0634	http://www.starinc-lightingtheway.org
System of Care	Case management	103 W. Broad Stamford, CT 06902	Elie Hartog, Coordinator	(203) 358-4688	

**Recently merged and are now one entity with both sets of services still available*

Agencies					
Name	Type of Agency	Location	Contact	Phone Number	Website
The Depot	Youth services	45 Heights Road Darien, CT 06820	Joan Bergen, Director	(203) 655-0812	www.dariendepot.org
The Renfrew Center of CT	Eating Disorders	436 Danbury Road Wilton, CT 06897		(203) 834-5020 or 1 800 RENFREW	www.renfrew.org
The Wilkins Center for Eating Disorders	Eating Disorders	7 Riversville Road Greenwich, CT 06831	Dr. Diane Mickley	(203) 531-1909	www.wilkinscenter.com
Triangle Community Center	Gay, Lesbian, Bi-sexual and Transgender	16 River Street (Mechanic Street entrance) Norwalk, CT		(203) 853-0600	www.ctgay.org
YWCA	Women's services	49 Old King's Highway Darien, CT 06820	Rita Shaughnessy, Director	(203) 655-2535	
Churches					
Calvary Baptist Church		988 Post Road Darien, CT 06820	Rev. Tony Gibson	(203) 655-0318	http://calvarybaptist.darien.org
First Congregational Church		14 Brookside Road Darien, CT 06820	Rev. Ronald Evans	(203) 655-0491	www.uccdarien.org
Noroton Presbyterian Church/NPC		2011 Post Road Darien, CT 06820	Rev. David Jordon-Haas	(203) 655-1451	www.norotonchurch.org
St. John's Roman Catholic Church		1986 Post Road Darien, CT 06880		(203) 655-1145	
St. Luke's Episcopal Church		1864 Post Road Darien, CT 06880	Rev. Paul Carling	(203) 655-1456	www.saintlukesdarien.org
St. Thomas More		375 Middlesex Road Darien, CT 06820	Sister Madeline	(203) 655-3303	http://www.stmdarienct.org
Other					
Darien High School	School services	High School Lane Darien, CT 06820	Dian Preston, School Social Worker	(203) 655-3981 ext.	www.darienps.org

Here are some important numbers you may need in an emergency:

Concern	Support	Location	Phone Number	Address
Domestic Violence	Domestic Violence Crisis Center	Stamford	357-8162	
	Domestic Violence Crisis Center	Norwalk	852-1980	
	Police	Darien	911	
	Infoline	Connecticut	211	
Mental Health Emergency	Child Guidance Center Hotline	Darien	888-825-6777	972 Post Road, Darien
	Dubois Center	Stamford	327-0620	49 Glenbrook Road, Stamford
	Infoline	Connecticut	211	
	Family Centers Darien Hotline	Darien	877-358-8500	590 Post Road, Darien
	Norwalk Hospital	Norwalk		24 Stevens Road, Norwalk
	Stamford Hospital Emergency Room	Stamford	325-7777	30 Shelbourne Road, Stamford
Pregnancy Hotline	Planned Parenthood	Norwalk	853-2605	50 Washington Street, Norwalk
	Planned Parenthood	Stamford	327-2722	1039 East Main Street, Stamford
	Birthright - Prolife	Norwalk	853-4872	669 West Street, Norwalk
	Birthright - Prolife	Stamford	348-4355	20 Second Street, Stamford
Sexual Assault	Sexual Assault Crisis Center	Stamford	329-2929	
	Stamford Hospital Emergency Room	Stamford	325-7777	30 Shelbourne Road, Stamford
Substance Abuse	Liberation Programs	Stamford	356-1980	Multiple Addresses
	Norwalk Hospital	Norwalk		24 Stevens Road, Norwalk
	Silver Hill Hospital	New Canaan	(866) 542-4455	208 Valley Road, New Canaan
	Stamford Hospital Emergency Room	Stamford	325-7777	30 Shelbourne Road, Stamford
Suicide Hotline	Suicide Prevention Hotline		800.SUICIDE	
	Child Guidance Center Hotline	Darien	888-825-6777	972 Post Road, Darien
	Family Centers Darien Hotline	Darien	877-358-8500	590 Post Road, Darien
	Kids in Crisis	Greenwich	327-5437	One Salem Street, Cos Cob